

Youth Risk Behavior Survey

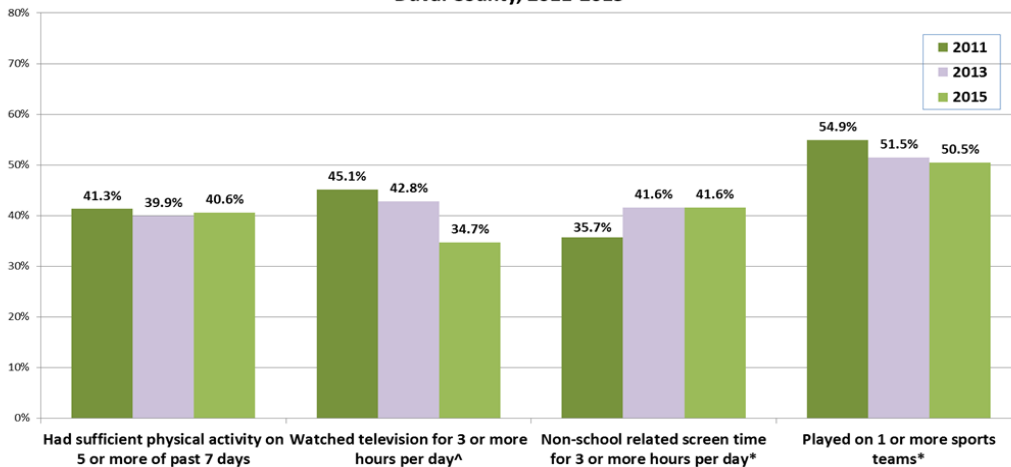


DUVAL COUNTY MIDDLE SCHOOL STUDENTS 2015

Physical Activity and Dietary Behaviors

The Youth Risk Behavior Survey (YRBS) is a self-administered, school-based, confidential, and anonymous survey that was conducted in Duval County Public Schools during the spring of 2009, 2011, 2013, and 2015. This is part of a national effort by the Centers for Disease Control and Prevention (CDC) to obtain information pertaining to youth health behaviors that contribute to the leading causes of death and disability among youth and adults. These include: 1) behaviors that contribute to unintentional injuries and violence, 2) sexual behaviors that contribute to unintended pregnancies and STDs, 3) alcohol and other drug use, 4) tobacco use, 5) unhealthy dietary behaviors, and 6) inadequate physical activity. In 2015, 4,533 students from 28 Duval County public middle schools provided data for the YRBS.

**Middle School Student (6th-8th Grade) Physical Activity by Year
Duval County, 2011-2015**



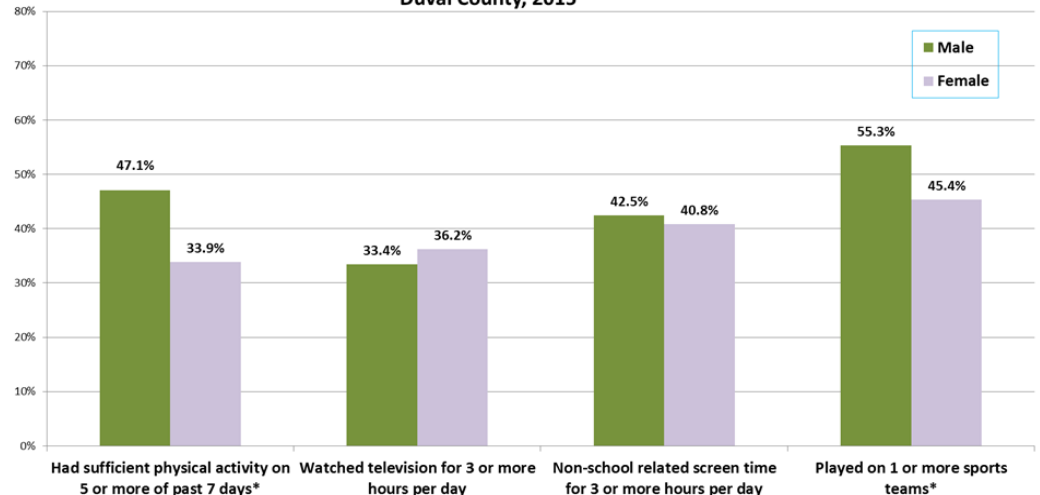
Lack of physical activity in childhood and adolescence can have lifelong consequences. From 2011 to 2015, the number of students watching TV for three or more hours per day decreased by 22%.

Still, in 2015, more than 1 in 3 middle school students watched TV for three or more hours per day and 3 in 5 students had insufficient physical activity. From 2011 to 2015, the number of students that reported three or more hours per day of non-school related screen time increased by 22%.

Fewer female students (33.9%) engaged in sufficient physical activity than male students (47.1%). Male students (55.3%) were also more likely to participate on at least one sports team than female students (45.4%).

Both male and female students decreased their TV watching habits by 19% from 2013 to 2015. Too much screen time impacts both male and female students. Approximately 2 in 5 students reported three or more hours of non-school related screen time per day.

**Middle School Student (6th-8th Grade) Physical Activity by Gender
Duval County, 2015**



Note: * indicates statistical difference 2015 vs. 2011 or statistical difference Males vs. Females; ^ indicates statistical difference 2015 vs. 2011 and 2013.

Additional Data

- In 2015, 18.1% of middle school students reported **not** being physically active for a total of 60 minutes per day during any of the seven days before the survey.
- Over 1 in 4 middle school students reported being physically active for a total of 60 minutes per day every day during the seven days before the survey.

Duval County Health Zones (HZ)

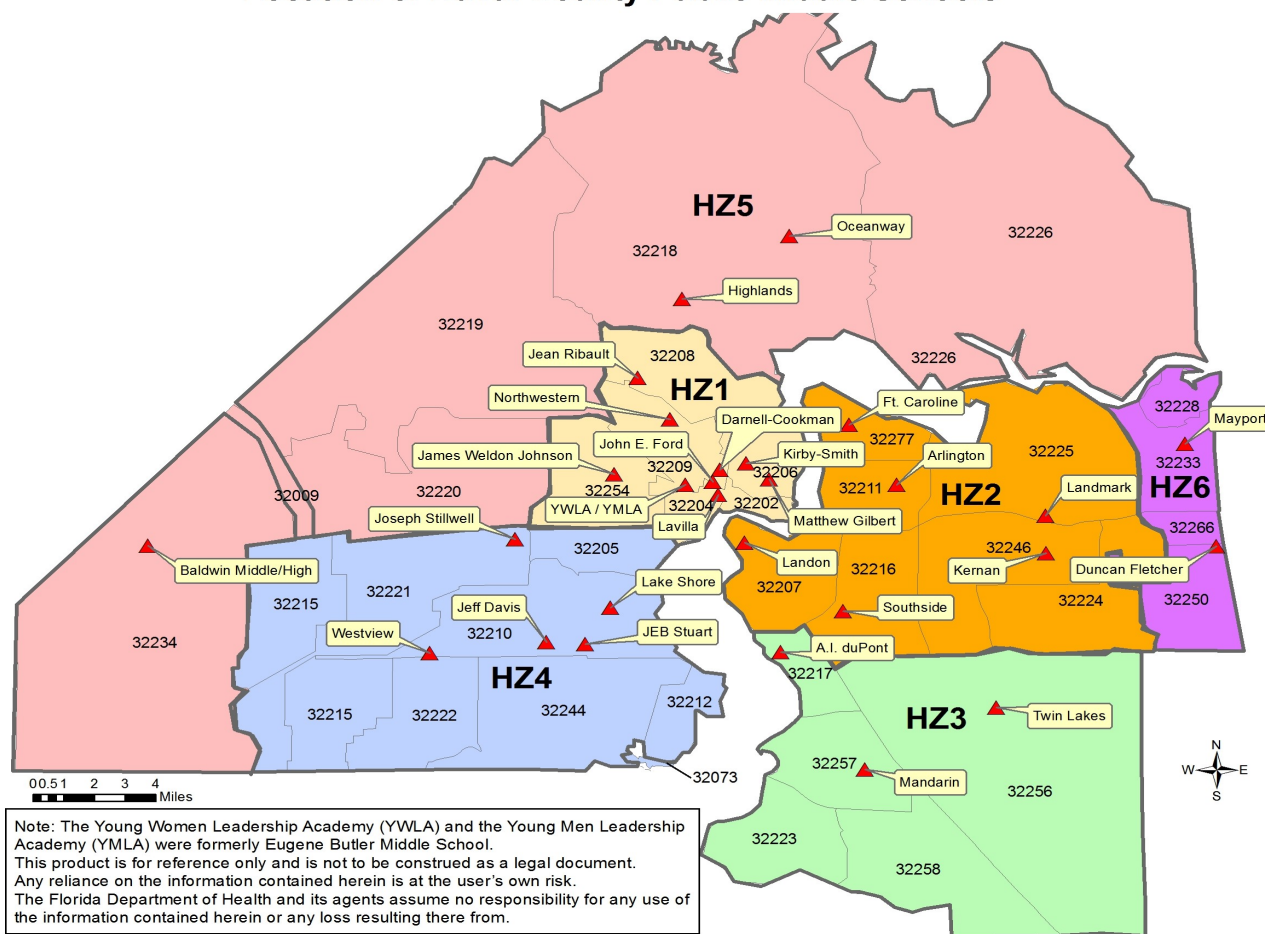
Duval County is located on the northeast coast of Florida and is comprised of urban, suburban, and pockets of rural areas. The County is divided into six Health Zones (HZ) which differ in terms of demographics, socio-economic factors, and health outcomes. The HZs are based on mutually exclusive zip codes tied to county organization and demographics. The geographic analysis of the YRBS data informs data-driven decision-making and policy changes, a targeted approach to programming, and effective allocation of resources. In the 2015 YRBS reports, HZ data was determined using the zip code of the school that students attended, rather than students' home zip code. Therefore, the HZ analyses in the 2015 YRBS reports are not comparable to the HZ data in prior YRBS reports.

HZ1 had the fewest students that described themselves as overweight (22.9%) and that felt hungry because there was not enough food in their home (16.7%). Only 48.0% of students slept for eight or more hours each night, the lowest in the County. Students in HZ1 reported drinking more water than teens in other HZs, with nearly 1 in 2 students drinking three or more glasses of water per day. One in 4 students in HZ1 have ever been diagnosed with asthma.

HZ2 had the most students that felt hungry because there was not enough food in their home (20.7%). HZ2 had the most students that ate breakfast at least once during the seven days before the survey (88.7%). Nearly 2 in 5 students reported three or more hours of non-school related screen time per day. Almost 1 in 4 students described themselves as overweight, and over 2 in 5 were trying to lose weight. Over 2 in 5 students reported sufficient physical activity.

HZ3 had the most students that were trying to lose weight (44.9%), did not eat breakfast during the seven days before the survey (13.5%), and described themselves as overweight (29.0%). HZ3 had the fewest students that ate fast food regularly (16.5%) and felt hungry because there was not enough food in their home (16.8%). Compared to the rest of the County, HZ3 had the fewest students that played on at least one sports team (48.5%).

Location of Duval County Public Middle Schools



HZ4 had the lowest levels of physical activity (36.1%) and the most students that reported three or more hours of non-school related screen time per day (49.9%). In HZ4, 28.5% of students described themselves as overweight and more than 2 in 5 students were trying to lose weight. Almost 1 in 4 students ate fast food regularly. More than 1 in 2 students in HZ4 slept for eight or more hours on the average school day.

HZ5 had the most students that watched TV for three or more hours per day (41.6%), consumed energy drinks (27.0%), ate fast food regularly (28.9%), and felt hungry because there was not enough food in their home (18.1%). HZ4 had the fewest students that were trying to lose weight (40.7%), ate vegetables three or more times per day (13.9%), ate fruit three or more times per day (18.3%), and reported drinking three or more glasses of water per day (38.9%).

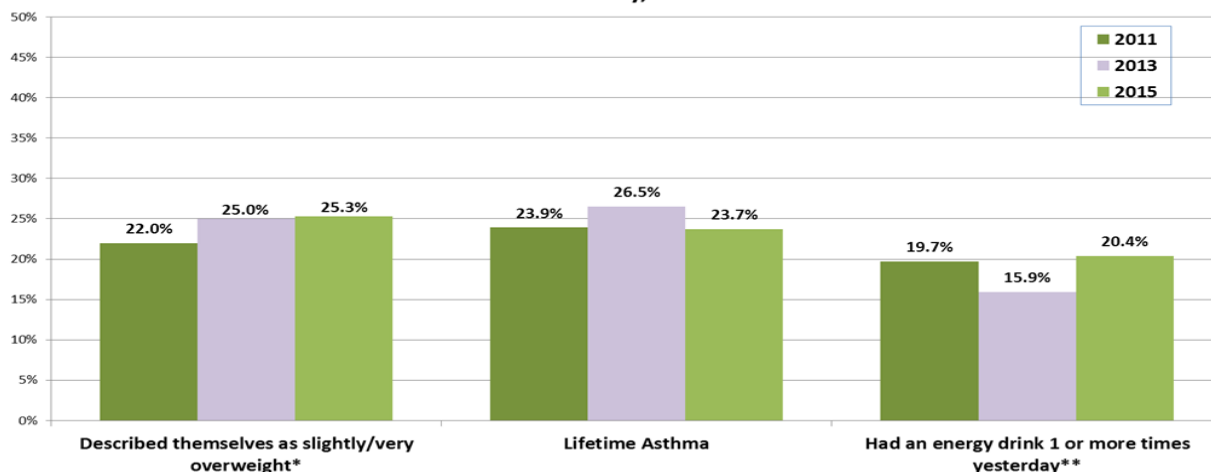
HZ6 had the highest levels of physical activity (48.7%) and participation on at least one sports team (58.0%). HZ6 (21.2%) had the lowest rate of asthma in the County. HZ6 had the most students that ate vegetables three or more times per day (20.0%), ate fruit three or more times per day (29.2%), drank three or more glasses of water per day (52.1%), and slept for eight or more hours per night (60.4%). Non-school related screen time (33.7%) was lower than in other HZs.

Risk Factors	HZ1	HZ2	HZ3	HZ4	HZ5	HZ6	Duval County
Physical Activity							
Were physically active at least 60 minutes per day on 5 or more days*	41.7%	41.0%	39.6%	36.1% ⁶	37.8% ⁶	48.7%	40.6% ⁶
Watched TV three or more hours per day**	34.1%	33.6%	32.5% ⁵	37.3%	41.6% ⁶	29.5%	34.7% ⁵
Played video or computer games or used a computer three or more hours per day for something that was not school work**	40.6% ⁴	38.0% ⁴	44.0% ⁶	49.9% ⁶	43.4%	33.7%	41.6% ^{4,6}
Played on at least one sports team***	51.7%	48.8% ⁶	48.5% ⁶	49.2%	48.7% ⁶	58.0%	50.5% ⁶
Obesity and Body Image							
Described themselves as slightly or very overweight	22.9%	24.2%	29.0%	28.5%	24.4%	26.0%	25.3%
Were trying to lose weight	43.2%	42.5%	44.9%	44.8%	40.7%	41.5%	43.1%
Dietary							
Did not eat breakfast*	13.0%	11.3%	13.5%	12.0%	11.6%	11.7%	12.3%
Ate at least one meal or snack from a fast food restaurant on three or more days*	23.0%	20.6%	16.5% ⁵	22.5%	28.9% ⁶	19.0%	21.7% ⁵
Sometimes, most of the time, or always went hungry because there was not enough food in the home****	16.7%	20.7%	16.8%	16.8%	18.1%	17.0%	17.8%
Drank three or more glasses of water yesterday	47.2% ⁵	41.0% ⁶	46.0%	40.0% ⁶	38.9% ⁶	52.1%	44.1% ^{5,6}
Drank an energy drink at least one time yesterday	16.6% ⁵	23.0%	16.1% ⁵	22.3%	27.0%	21.2%	20.4% ⁵
Ate vegetables three or more times yesterday	15.7%	16.8%	14.7%	15.3%	13.9%	20.0%	16.0%
Ate fruit three or more times yesterday	23.0%	24.2%	19.7% ⁶	21.8%	18.3% ⁶	29.2%	22.8% ⁶
Other Health-Related							
Were ever told by a doctor or nurse that they had asthma	25.9%	23.2%	23.4%	21.6%	24.7%	21.2%	23.7%
Slept for eight or more hours**	48.0% ⁶	54.0%	54.3%	51.2%	54.0%	60.4%	52.5% ⁶

Note: * = During the seven days before the survey; ** = On an average school day; *** = During the 12 months before the survey; **** = During the 30 days before the survey. The superscript number refers to a specific Health Zone (i.e., superscript 1 refers to Health Zone 1) and indicates that the data for that Health Zone is statistically significantly different from data for the reference Health Zone.

Comparison analysis by County, State and Nation are provided by CDC (See YRBS methodology at www.CDC.gov). Comparisons by Health Zone is provided by the Florida Department of Health in Duval County (See YRBS methodology at <http://duval.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/youth-risk-behavior-survey/index.html>).

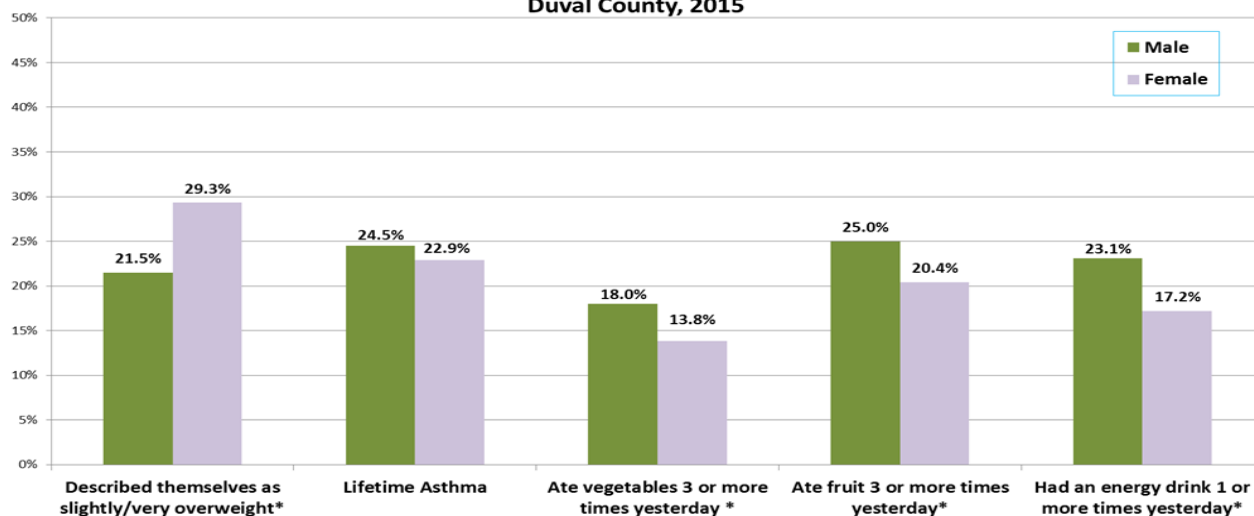
**Middle School Student (6th-8th Grade) Dietary Behavior and Chronic Disease by Year
Duval County, 2011-2015**



Duval County middle school students have poor dietary intake and engage in many unhealthy eating habits. More than 77% of students reported not consuming the recommended amount of fruits each day and 84.0% reported not consuming the recommended amount of vegetables each day. More male students ate the recommended number of fruits and vegetables the day before the survey than female students. From 2013 to 2015, there has been a 28% increase in the number of students that consumed energy drinks. Male students (23.1%) were more likely to consume energy drinks than females (17.2%).

More than 1 in 4 students described themselves as slightly or very overweight, a 15% increase from 2011 to 2015. More female students (29.3%) than male students (21.5%) described themselves as overweight. The negative health effects on the population in 10, 20, or 30 years from now is concerning, especially considering the lack of physical activity among middle school students.

**Middle School Student (6th-8th Grade) Dietary Behavior and Chronic Disease by Gender
Duval County, 2015**



Note: * indicates statistical difference 2015 vs. 2011 or statistical difference Males vs. Females; ** indicates statistical difference 2015 vs. 2013.

Additional Data

- More than 1 in 6 middle school students sometimes, most of the time, or always went hungry because there was not enough food in their home.
- Only 52.5% of students slept for eight hours or more hours on the average school night.
- Close to 1 in 4 middle school students have been told by a doctor or nurse that they had asthma.